



Through the practice of asana and pranayama, addressing our needs and compiling a personal practice.

Tutor:	Ruth White
Type of Day	Continuous Professional Development for Teachers and anyone interested in attending
Topic/Title	Through the practice of asana and pranayama, addressing our needs and compiling a personal practice.
Date	Sunday 21 April 2024
Start Time & End Time	10:30am – 2:30pm
Location	Online using zoom
CPD Points	4

About this session:

Addressing our needs through the practice of Asana and Pranayama
 “When the head quietens, the heart automatically opens.”

The real meaning of yoga is to quieten the mind. Then we can look to see what is disturbing this quiet space.

Do our aches and pains, ideas, and labels hold us back?

- To find the appropriate posture to remedy this and bring our bodies back into balance
- To compile a personal practice to meet your needs

10.30 Asana practise with demo and explanation

12.00 Talk – Synchronising movement with breath

12.30 Lunch Break

1.15 Bringing body and mind into balance – Pranayama

2.00 The art of relaxation – Savanasana

2.30 Farewell

About your Tutor,



Ruth White was experiencing chronic back problems when she 'fell at the feet of a Master', namely B.K.S. Iyengar. He was holding small yoga classes in London in the 1960s and it was here that he showed Ruth how to work to be free of pain. So inspired was she by his teaching that she followed him to India. After training with him in Pune she returned to England to set up her first yoga centre yet has continued to visit India over the years both to teach and study.

During an international career she has trained over 1000 teachers, written regularly for magazines and journals, appeared on radio and television, and made yoga DVDs.